




LISKA SV-Q7 Smart Watch Instructions

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LISKA SV-Q7 Smart Watch



Operation

The operation of the smart watch.

When you use the watch for the first time, make sure it is fully charged. If the power is not turned on, fully charge the watch. The watch will automatically start after charging.

Home: Press and hold the (touch button) or power button for 3 minutes.

Power off: Press and hold the power button for 3 seconds to turn it off.

Change dial: Press and hold (touch key) on the standby screen to change the dial.



Bluetooth Connection:

Bluetooth connection:

Search for Wearfit 2.0 in the app store, download and install or scan the QR code to download and install.



Brief Introduction



Step counter.
This interface mainly shows the total number of steps counted in the day.



Calories
This interface mainly displays the total number of calories burned in the day.



Distance.
This interface mainly shows the total distance in the day.



Heart rate.
The watch will measure the user's heart rate on this interface. After the test, the watch will vibrate and the result will be displayed.



Blood pressure.
The watch will measure the user's blood pressure under this interface. After the test, the watch will vibrate and then show the result.

Note: Hold still during heart rate and blood pressure measurement. Do not press the button to change the interface during measurement. When the interface is changed, the watch will stop measuring.



Dream.
The watch will display the user's sleep time for the previous night.



Sport mode.
Press and hold (touch button) for 3 seconds to enter the sport type selection interface, click the touch button to select the sport type, press and hold the touch button for 3 seconds to start the movement, press long to end movement in 3 seconds.



Chronometer.
Press and hold the touch button for 3 seconds to enter the sport type selection interface, click to select the sport type, press and hold for 3 seconds to start the movement, press and hold to end the movement in 3 seconds.



Information.
Press and hold for 3 seconds on this interface to enter the information display interface, click to view the information one by one, press and hold to exit for 3 seconds.



Find the phone.
Press and hold for 3 seconds to find the phone and it will ring.



Brightness.
Long press for 3 seconds on this interface to enter the watch brightness adjustment interface. Click to select the brightness level.
Off: Press and hold for 3 seconds to change the selection if you want to close the interface.

FAQ

FAQ

Why is the heart rate (sleep) test not accurate?

First of all, the monitoring device monitors human activities through electronic sensors. It is a quality product for the consumer. It is normal for certain errors to occur. Please treat the data objectively.

Can't find the bracelet or connect when I link?

A. Android system:

1. Confirm that the Bluetooth of the mobile phone is turned on and that the Bluetooth logo is not displayed on the bracelet (if the Bluetooth ring logo is displayed on the bracelet, it indicates that it has been connected). Near the bracelet, please try to search and connect again, and confirm that Android 4.4 or above mobile phone system can be used.
2. If you still can't connect, go to Phone Settings - Application Management - Authorization Management - Application Rights Management to find the application (Wearfit 2.0), all permissions are marked "Allow", then enter the settings from phone - GPS positioning, turn on the GPS of the mobile phone with the location function, restart the phone and then try to connect.

B. IOS System:

Confirm that the mobile phone's Bluetooth is turned on and that the Bluetooth logo is not displayed on the bracelet (if the Bluetooth ring logo is displayed on the bracelet, it indicates that you have connected with other devices, first release the Bluetooth bracelet. After connecting the Apple phone once, if you open the Bluetooth phone, the Bluetooth device is connected by default, so go to phone settings - Bluetooth - ignore this device, then the APP can detect the bracelet.

After connecting the armband, the screen is not connected or the screen is connected but the power is 0%?

At this time, the phone is not successfully attached to the bracelet. Please re-link.

Does the application have no data to display?

Pull down to update on the main interface, manually sync data, you can display data in the app. Automatic data synchronization is only synchronized when the phone bracelet is connected for the first time, followed by automatic data synchronization for every hour. Also, the measurement point is open, our calories, heart rate, fatigue column table, read all the data of the point, if the histogram is not open it has no data.

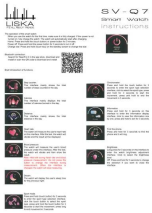
After updating the app dropdown, can't the data be loaded?

App settings: reset bracelet factory settings: click to restore factory settings: bracelet off, then reset bracelet to connect to app, with normal use of bracelet, data can be loaded.

After connecting the phone, is the bracelet time not synchronized?

Phone settings - Application management / Rights management - Open application permissions - Connect the smart band and the application again - Pull down to update the application.

Documents / Resources

	<p>LISKA SV-Q7 Smart Watch [pdf] Instructions SV-Q7, Smart Watch</p>
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